



Cross Training for Youth



Lehi Legacy Center
123 N Center St.
801-768-7124
www.lehi-ut.gov

LEHI LEGACY CENTER CROSS TRAINING FOR YOUTH SUMMER 2011

Are you looking for a way to increase your performance in your specific sport?

Cross-training in sports and fitness refers to the combining of exercises to work various parts of the body at the same time or in succession.

Benefits of Cross Training

- Universal sports application
- Produces a higher level of all around conditioning
- Conditions the entire body, not just specific muscle groups
- Reduces the risk of injury
- **Improves your speed, skill, agility, and balance**

Strength Training

- Calisthenics utilizing body weight resistance; pushups, crunches, rope climbs, and pull ups.
- Weight Balls
- Tubing and Bands

Flexibility (Stretching, Yoga)

Speed, agility, and balance drills

Circuit training, sprinting, plyometrics and other forms of conditioning



✕QUICK FACTS

What.....Cross Training for Youth
Where.....Legacy Center (East Gym)
Who.....Ages 8yrs to 18yrs old
Date.....Summer Session: June 14 thru July 21
Day.....Tuesday and Thursday
Time.....8:15am-9:15am
Fee.....\$72 (\$60 Lehi Resident Discount)

REGISTRATION

Registration starts May 2, 2011

Come to the Legacy Registration Office
Mon-Fri 8am-6pm OR www.lehi-ut.gov

INFORMATION

For more information call Legacy Front Desk at 801-768-7124



Post Until 7/21/11